



## **Transform Your Life with the "Mastering Self-Hypnosis" Program**

I'm thrilled to have you here 😊

Here's what you need to know...I'm launching a new program specifically designed for individuals who are eager to tap into the power of their unconscious mind...

And instead of feeling stuck or limited by old habits and beliefs, you can harness the incredible power of self-hypnosis to create profound, lasting change in your life.

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### **Who is this for?**

A person who:

- ...refuses to accept that their current limitations or challenges are permanent...
  - ...wants to break free from unhelpful habits or mindsets that have held them back in life...
  - ...is ready to unlock their potential, gaining greater control over their thoughts, emotions, and actions...
  - ...seeks to empower themselves with proven techniques that lead to transformation, all from the comfort of their own mind...
  - ...is excited to learn structured, effective methods for inducing hypnosis and applying it to various areas of life, whether it's reducing stress, building confidence, or achieving personal goals...
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### **If you're new to self-hypnosis?**

You'll begin by mastering foundational techniques to gently introduce yourself to the power of your unconscious mind, building up your confidence and self-awareness.

But once you start experiencing small victories?

Your journey towards mastery accelerates.

I have participants who have seen remarkable transformations, going from struggling with old patterns to experiencing new levels of peace and control over their lives.

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### **What to Expect:**

Through the "Mastering Self-Hypnosis" program, you will be guided through four key areas over four weeks. **Every class will also include a live group hypnotherapy session** to reinforce the concepts learned and allow you to experience the power of hypnosis in real-time, guided by an expert.

### **Class Schedule:**

The classes will run on Wednesday evenings from 7:00 PM to 8:30 PM EST, starting on September 4th and running for 4 weeks. All classes will be conducted online, making it convenient for you to join from anywhere.

### **Week 1: Introduction to Hypnosis**

- **What Hypnosis Is:** Gain an understanding of what hypnosis truly is and explore its historical roots.
- **Myths and Misconceptions:** Debunk common myths and clarify misunderstandings about hypnosis.
- **Scientific Basis of Hypnosis:** Learn about the scientific principles that support the practice of hypnosis.
- **Introduction to Hypnosis Basics:** Get acquainted with the foundational concepts of hypnosis.
- **The James Braid Induction:** Discover and practice the James Braid Induction, a classic technique in the field of hypnosis.

### **Week 2: Hypnosis Session Fundamentals**

- **Structure of a Hypnosis Session:** Learn how to structure a complete hypnosis session from start to finish.
- **Interview and Pre-Talk Protocols:** Master the art of the pre-talk and interviewing to prepare for a successful session.
- **Induction Protocols and Awakening Techniques:** Understand different induction methods and techniques for awakening from a hypnotic state.
- **Calibration, Compliance, Intention, and Confidence:** Develop the skills necessary to calibrate the session, ensure compliance, and build intention and confidence.
- **Association/Dissociation, Pacing, and Leading:** Explore techniques for guiding the client through association and dissociation, pacing, and leading.

- **Induction: 10 Second Hypnotist:** Learn and apply the 10 Second Hypnotist induction technique for rapid results.

### **Week 3: Listening to Your Unconscious Mind**

- **Techniques for Accessing Unconscious Information:** Discover how to tap into your unconscious mind to retrieve valuable insights.
- **Developing Intuition and Inner Guidance:** Strengthen your ability to listen to and trust your intuition.
- **Listening to Your Unconscious Mind: The Three Questions:** Learn the Three Questions technique to deepen your connection with your unconscious mind.
- **Searching Your Unconscious Mind for Information and Answers:** Practice methods to explore your unconscious mind for guidance and solutions.
- **Induction: 3 Snaps:** Use the 3 Snaps induction technique to facilitate deeper access to unconscious information.

### **Week 4: Generative Hypnosis**

- **Creating New Habits and Responses:** Learn the process of crafting effective hypnosis scripts for various goals.
  - **Techniques for Habit Formation:** Explore strategies for creating new, positive habits through hypnosis.
  - **Strategies for Removing Bad Habits and Reactions:** Gain tools to eliminate unwanted habits and reactions.
  - **Association and Dissociation:** Deepen your understanding of association and dissociation techniques in hypnosis.
  - **ADAC:** Apply the ADAC method to ensure the success of your self-hypnosis practices.
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### **Ready?**

Ready to embark on your journey to mastering self-hypnosis with the "Mastering Self-Hypnosis" program?

Click Here to Finish Your Registration and reserve your spot! [inspiringhypnosis.com/training](https://inspiringhypnosis.com/training)

Have a question or two? [Don't hesitate to ask](#), and I'll provide you with all the information you need.

I'm excited to support you in achieving profound personal transformation.